



Assessing Health, Promoting Wellness

Allergic Reactions

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This article provides basic information about allergic reactions. This information is only for guidance; individuals not trained in medical care should always consult a licensed doctor with questions.

An allergic reaction happens when something that a person is allergic or sensitive to is:

- Breathed
- Eaten
- Injected
- Touches the skin

Allergic reactions can be mild or very serious (life threatening) and include:

- Itching rashes, lumpy patches, or hives
- Runny nose and itching or burning eyes
- Irritation in the throat, difficulty breathing, or asthma
- Allergic shock

Common causes of allergic reactions include:

- Pollen
- Feathers or hair from animals

- Dust
- Mold
- Food
- Insect stings or bites
- Latex

Call help if...

The person has any of the following symptoms:

- Swollen throat or swollen areas of the body
- Wheezing (breathing that sounds like whistling from the chest)
- Passing out
- Chest tightness
- Trouble breathing
- A hoarse voice
- Trouble swallowing
- A pale or red color to the face and body

An allergic reaction can be life threatening. Do not wait. Call 911!